

# DINNERLY



## Peanut-Crusted Chicken Noodles with Zucchini and Spicy Curry Sauce



30 minutes



2 Servings

Here's a double whammy of peanuts for all you nut-lovers! Cook peanut-crusted chicken until crunchy and golden, team with noodles and zucchini, then pour over peanuty, curry sauce with a hit of chilli.



## WHAT WE SEND

- 1 zucchini
- 40g peanuts<sup>5</sup>
- 20g laksa spice blend<sup>17</sup>
- free-range chicken tenderloins
- 150g vermicelli noodles
- 40g peanut butter<sup>5</sup>

## WHAT YOU NEED

- 2 tsp plain flour<sup>1</sup>
- 1 tbs soy sauce<sup>6</sup>
- 2 tsp white vinegar
- 2 tsp sugar
- 1 tbs vegetable oil

## TOOLS

- medium saucepan with lid
- julienne peeler or vegetable peeler
- small saucepan
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Gluten (1), Peanuts (5), Soy (6), Sulphites (17). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 805kcal, Fat 30.0g, Carbs 77.3g, Proteins 50.2g



### 1. Prep ingredients

Bring a medium saucepan of water to the boil for the noodles. Shred the **zucchini** using a julienne peeler (see Kitchen 101). Coarsely chop the **peanuts**. Combine the peanuts, **1 tbs laksa spice blend** and **2 tsp plain flour** in a shallow bowl. Season with **salt and pepper**. Press the **chicken** into the peanut mixture to roughly coat (don't worry if it's not completely covered).



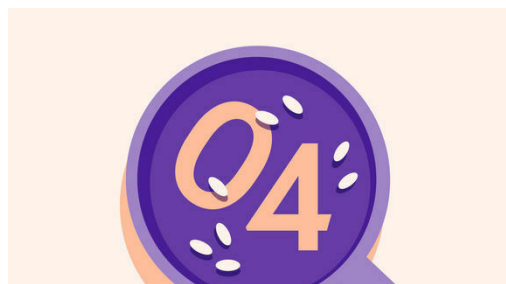
### 2. Cook noodles

Cook the **noodles** in the pan of boiling water for 7 mins or until tender. Drain, then rinse under hot water to prevent the noodles from sticking. Return to the pan and cover to keep warm.



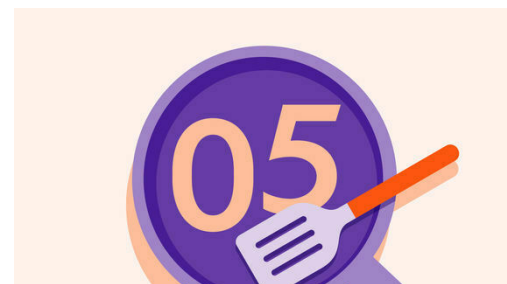
### 3. Make curry sauce

Meanwhile, heat a small saucepan over medium heat. Add **1 tbs laksa spice blend** and toast, stirring, for 1 min or until fragrant. Add the **peanut butter**, **1 tbs soy sauce**, **2 tsp white vinegar**, **2 tsp sugar** and **250ml (1 cup) water**. Cook, stirring, for 2 mins or until smooth. Reduce heat to low and cook, stirring occasionally, for 5 mins or until thickened. Remove from the heat.



### 4. Cook chicken

While the sauce is simmering, heat **1 tbs vegetable oil** in a medium frypan over medium-high heat. Cook the **chicken** for 2-3 mins each side until browned and cooked through. Remove the pan from the heat.



### 5. Serve up

Add an extra **1-2 tbs water** to the curry sauce if you prefer it runnier, then taste and season with **pepper**. Thickly slice the **chicken**. Divide the **noodles**, **zucchini** and chicken among bowls. Spoon over the **spicy curry sauce** and enjoy!



### 6. Kitchen 101

Don't have a julienne peeler? Use a vegetable peeler to peel the zucchini into thin ribbons instead. It may not look like the photo, but it will be just as delicious and nutritious. Just don't be tempted to use a box grater or your zucchini could end up mushy!